

Preparing and Serving Hubbard Squash: Food Safety Checklist & Tips



Peak Season in Washington State: August-January

Variety

- Green outer: thick and sweet
- Golden/orange outer: sweet with better aftertaste

Ordering Specification

- Peeled and diced into ½-1" cubes

Grades

- U.S. No.1 – Well matured, not broken or cracked, free from soft rot or wet breakdown; free from damage by dry rot, freezing, dirt, disease, insects, etc.
- U.S. No. 2 – Fairly well matured and not broken or cracked, may have similar varietal characteristics, free from soft rot or wet breakdown; free from serious damage by scars, dry rot, freezing, dirt, disease, insects, etc.



Receiving & Shipment Inspection

Minimally processed hubbard squash:

- ☐ Cut pieces should be moist and firm; avoid use if the package is puffed with gas, or meat is soft or dry
 - Puffy bag indicate decay
- ☐ Check temperature by inserting food thermometer between 2 packages, avoid puncturing the wrapper
 - Temperature should not exceed 41 °F, must take the internal temperature before accepting it
- ☐ Check date of processing and shelflife (see *Storage Guidelines*)

Whole hubbard squash:

- ☐ Optimal, peak season hubbard squash are firm, rounded with a dry stem

- ☐ Avoid product that has soft spots, cracks or extremely light for size
- ☐ Product should be firm, heavy for its size and have dull, not glossy, rinds
 - Glossy and soft rinds indicate watery and flavorless

Storage Guidelines

- ☐ CCP: Cool storage (50-55°F, 50-70% relative humidity)
- ☐ Keep out of direct light and extreme temperatures
- ☐ Estimated shelf life is up to 6 months, with skin and uncut
- ☐ Estimated shelf life of cut squash is 1-2 weeks
 - Ask the farmer/vendor the actual shelf life for each shipment of squash
- ☐ Avoid storing green-grey squash near ethylene-producing products; will turn squash skin to orange-yellow

Preparing Baked Hubbard Squash (Pre-cut)

Materials Needed (Washed, rinsed, sanitized and air-dried)

- ☐ Cookie sheets or shallow roasting pans
- ☐ Parchment paper to line pans
- ☐ Oven rack(s), as many as needed
- ☐ Container with clean water

Preparation

- ☐ Check quality and appearance of pre-cut squash
 - Pieces should be moist and firm, throw out any that have soft or dry meat
- ☐ Spread squash evenly on shallow pan or cookie sheet, keeping a 2" clearance on all sides
 - Avoid overcrowding; will cause them to steam
- ☐ Sprinkle a little water over the squash
 - Use small amounts to avoid losing flavor and nutrients
- ☐ Cover pans securely with aluminum foil
- ☐ Cook in convection oven at approximately 370-375°F for about 30-35 minutes



Central Kitchen Protocol

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

Hubbard Squash Recipes with Preparing & Serving Recommendations



- Depending on the sizes, cooking time will vary*

- ☐ Remove from oven when fork tender and cool
- ☐ CCP: Cool within 4 hrs to below 40°F, label with date and name.
- ☐ CCP: Reheat and hold at 165°F for 15 seconds before serving
- ☐ HACCP Process #3: Complex Process

Serving Suggestions:

- Squash can be mashed/pureed and spiced with garlic, basil, cinnamon, ground cloves, rosemary, oregano, mint, thyme, or combination of those
- Substitute in recipes that call for sweet potatoes
- If using uncut squash, peel skin after it has been cooked

Benefits of Eating Hubbard Squash

- Excellent source of vitamin A, C, B6, manganese
- Good source of potassium, vitamin K and folate
- Tough hard skins allows it to keep fresh throughout winter months
- A more mild sweet than its other squash counterparts

Recipes

Winter Vegetable Roast (From Massachusetts Farm-to-School Cookbook, p.78)

Preparing and Serving Recommendations

- Can substitute in several local, peak season root vegetables such as: rutabaga, sweet potato, all varieties of winter squash
- One step preparation for central kitchen
- HACCP Process Complex #3

Pureed Sweet Potatoes* with Pineapple (From Massachusetts Farm-to-School Cookbook, p.72)

Preparing and Serving Recommendations

- *Substitute with hubbard squash
- Does central kitchen have a mixer? A steamer?

Roasted Butternut Squash (From Minnesota's Great Trays Program, Now We're Cooking! A Collection of Simple Scratch Recipes Served in Minnesota Schools, p.40)

Preparing and Serving Recommendations

- Can substitute with any winter squash, e.g. hubbard squash
- Can replace brown sugar and cinnamon with garlic, basil, rosemary, oregano, mint, or thyme

Resources

Center for Disease and Control. *Fruit and Veggies: More Matters! Vegetable of the Month: Winter Squash*. Last updated: Jan 2012. Accessed: Jan 2012. Available at:

http://www.fruitsandveggiesmatter.gov/month/winter_squash.html

Better Health Foundation. *Fruit and Veggies: More Matters! Vegetable Database: Hubbard Squash*. Last updated: January 18, 2012. Accessed: Jan 2012. Available at: http://www.fruitsandveggiesmorematters.org/?page_id=11977

Fritz VA and Rosen CJ. *Growing Pumpkins and Winter Squash in Minnesota Home Gardens*. Regents of the University of Minnesota. University of Minnesota Extension. Reviewed 2009. Accessed: Jan 2012. Available at: <http://www.extension.umn.edu/distribution/horticulture/m1264.html>

Nutritional Education on Winter Squash for Schools Available at: <http://www.ahigherlevel.com/healtheliving/uploads/nutritionlessons/miamidad/e/Fall-Winter%20Squash%20Educator.pdf>

Washington Farm –to-School Toolkit Winter Squash Recipes: <http://www.wafarmtoschool.org/ToolKit/23/Winter-Squash/Recipes>

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